

#### Crisis, Navy Experts, Apps Provide Times Answers

By Vice Adm. John B. Nowell Jr., Chief of Naval Personnel

Shipmates, the past few weeks have been a whirlwind of activity and change for the world, our Nation and our Navv. Just a few short weeks ago, none of us knew much about the coronavirus, or stay at home orders and physical distancing -- now they're part of our everyday lives.

Over the past few weeks, we have released several major NAVADMINs that developed by Navy spouses with the have touched every Sailor in the fleet.

We have rescheduled advancement exams and promotion boards, cancelled the Spring PFA, relaxed grooming standards and offered incentives and opportunities to extend to Sailors who planned to get out of the Navy. Combined, these initiatives give our force options for staying safe and being ready during this time of stress and uncertainty.

Our Navy team is on a course and bearing to get through this national crisis, and we must hold steady.

Our battle with the coronavirus is far from over. To win, our Sailors and their families must be armed with the best and most current information available. Beyond the 24/7 MyNavy Career Center, you can also access a world of information on-demand through the Navy app locker.

We have spent a lot of time and effort developing 27 apps on a wide range of topics from uniform regulations to helping calculate advancement scores.

While the PFA calculator might not be much use to you right now, now is a

good time to explore the Navy COOL app MyPCS Mobile to work on your education or exercise while you telework from home with the PCS delays, either in route or those who NOFFS fitness app.

apps for you. Both are especially helpful Mobile on your personal mobile device. for Sailors and their families navigating the COVID-19 crisis. They are the new duty stations can be very stressful MyNavy Family and MyPCS Mobile apps.

### **MyNavy Family**

This "one stop shop" app was help of Navy organizations, related private organizations and non-profits



on the mobile devices of every Sailor and their family.

This app packs a lot information and resources into a single location, boiled down from more than two dozen websites to a format now easily accessible from the palm of your hand.

We recently updated this app with links to emotional support resources: the Psychological Health Resource Center and the Navy & Marine Corps Public Health Center. Shipmates, its OK to not be OK, but it's not OK to not ask for help.

For thousands of Sailors now facing have yet to begin their transfers, now is I want to highlight two additional the time to set up and access MyPCS

> Even in the best of times, moving to for the entire family. Adding in the added difficulties of delays and other concerns we now have during the current COVID-19 crisis can compound those stressors.

If used as designed, this app does a which all provide services to Navy lot of the work for you and can help families. It is invaluable and needs to be relieve stress before, during and after

your PCS move.

Here's how it works. A Sailor enters their detachment date and the MvPCS Mobile app calculates the number of days until their PCS. Then it asks you a few questions and gives you a personalized, step-by-step checklist.

The checklist is divided into four categories: Shipping Household Goods, Family Move, Entitlements & Budgeting, and Sailor Admin.

This is essentially a virtual to-do list. It lays out due dates, tracks your progress and sends reminder alerts if you are getting behind the power curve.

The app even has a feature to help you prepare and file your travel claim once your move is over.

As of this year this family of Navy apps has combined for a total of 800,000 downloads. I'm hoping what you have just read inspires you to become download number 800,001.

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# Meal Allowance Rules Modified for Sailors Restricted to Government Quarters

The Navy has modified allowance on the guidance in the memo. rules for Sailors in a restriction of subsistence allowance.

The approval is outlined in a Nowell, the Chief of Naval Personnel. those who were in command-directed isolation were not penalized with pay deductions, even if they received meals free of charge.

Installation commanding officers are given approval authority to grant meals to those in a ROM status based

The temporary exception applies to movement (ROM) status on base in both officers and enlisted who are order to receive Navy-provided meals already being paid full BAS but find without deducting Sailors' BAS. without losing their pre-existing themselves under restriction of movement in government quarters.

memorandum from Vice Adm. John B. DOD's pay rules require service members being paid BAS to pay for The memo was crafted to ensure that government provided meals "out of d o c u m e n t s / f m r / pocket" or have their BAS reduced, archive/07aarch/07a\_25arch.pdf. accordingly.

> Units ROM'd to protect the health of COVID-19 can be found at: our personnel and their families or to assure essential mission function spotlight/coronavirus. capability and not specifically for health-related ROM, must request

approval from the Director, Military Personnel Plans and Policy (OPNAV N13) to provide subsistence-in-kind

Sailors and commands seeking quidance on allowances can refer to Under normal circumstances, the the DoD Financial Management Regulations available at https:// comptroller.defense.gov/Portals/45/

The latest DoD policies relating to

https://www.defense.gov/explore/

# Navy Reservists Answer Call for COVID-19 Pandemic Relief Efforts

Under the direction COVID-19 Northern Command for pandemic response approximately 500 Navy Reserve this urgent need," said Schommer. medical professionals have expanded "Many of them were 'out the door' in multiple hospitals in the New York local medical capabilities in the New less than 48 hours from the moment York City area.

"I cannot be more proud of our Schommer, commander, Navy Reserve 400 Forces Command. "Our Reserve health Expeditionary Medical Facility (EMF) care professionals are on the front lines right now, and it has only been possible because of their flexibility, agility, and dedication to selfless service."

In total, the Navy Reserve has 📶 approximately 850 citizen-Sailors engaged in COVID-19 pandemic relief efforts. In addition to the 500 medical professionals sent to New York, the

of U.S. across the Joint Force.

efforts, country who have volunteered to meet in New York City. The rest of the they were notified."

As part of the 500 Reservists Reservists," said Rear Adm. John deploying to New York, approximately are deploying as part



Mercy (T-AH 19) and USNS Comfort (T such as acute care and emergency times of peace and war. -AH 20). Other Reservists are serving care. EMF Bethesda Reservists are

supporting medical relief efforts at the "We have Reservists across our Javits Federal Medical Station (FMS) deploying Reservists are supporting City area.

> "We are ready to help, and we will continue to answer the call whenever, wherever we are needed." said of Schommer.

For 105 years, the Navy Reserve has been a ready, agile force that provides valuable, vital support to the Navy and the Nation. The Ready Reserve Force consists of approximately 49,550 Selected Reserve (SELRES) Sailors, 10,163 Full Time Support (FTS) members, 48,815 Individual Ready Reserve (IRR) members and over 422 civilians. This force of over 100,000 delivers strategic depth and unique

Navy Reserve has approximately 225 Bethesda Personnel assigned to EMFs capabilities to the Navy and Marine Reservists currently aboard the USNS are trained to provide medical support, Corps team, and the Joint Force in

# No One Left Behind: Working 24/7 for Sailors, Families, and the Navy

Since the Navy first announced it's have what they need. stop movement order due to COVID-19, worried what that means for them and their families.



Navy has relied on NPC's Career Management Department (PERS-4) to be the repository for answers.

"We understand that this is a very breakaway on a ship. stressful time for all of our Sailors and PERS-4 is doing everything we possibly adjust to match the needs of the Sailors." can to take care of our Sailors and our Navy," said Rear Adm. Rick Cheeseman, PERS-4 needed to adjust to take their Head Detailer. "We are a customer service business, and our business is taking care of our people."

More than 700 Sailors, officers and civilians make up PERS-4, representing every Navy rate and designator. Detailers work with individuals to manage their careers, and placement officers represent commands to ensure that they are properly staffed. The two halves of PERS-4 work hand-in-hand to ensure that both individual Sailors and the Navy

With the release of NAVADMIN station to another. Sailors with PCS orders have been 064/20 in mid-March, PERS-4 stood up around-the-clock duty to proactively authority. initiate contact with every member immediately impacted by the 60-day intensive one and he has not delegated stop movement order. The 24-hours-a- his authority to anyone. He personally day, seven-days-a-week service reaches looks at each waiver request himself out to this group of almost 23,000 Sailors with the goal of turning each around as and officers which includes anyone fast as possible," said Capt. Chris Harris, already in the middle of a PCS move as director, Distribution Management

To answer Sailors' questions, the the way that we conduct business has test for movement waivers; mission changed," said Cheeseman. "While we essential, humanitarian, and economic are doing what we normally do we are burden. So far more 1,100 have been just doing it faster. Like an emergency approved."

As COVID-19 issues have progressed, own safety into account to keep the staff healthy and available for the Sailors.

"At the moment, about 80 percent of our staff is teleworking, but we remain fully able to care for the Sailors and the Navy," said Cheeseman.

Many Sailors ended up in various situations - some were stuck in airports waiting to board overseas flights, and some had their household goods packout in limbo - that required waivers to complete their transition from one duty

Cheeseman holds the waiver

"The waiver process is a very well as anyone with PCS orders for April. Division, Career Management "Normal business has changed and Department. "There is a three-pronged

All Sailors with outstanding "We must be flexible and able to questions are encouraged to contact the MyNavy Career Center (MNCC). They can be reached at 1-833-330-MNCC (6622) or askmncc@navy.mil. For more information about MNCC Services and other contact information, go to

> https://www.public.navy.mil/bupersnpc/organization/npc/publicaffairs/ news/Documents/MNCC\_flyer.pdf

> "Even though this situation is extremely stressful, Sailors need to remain patient. If you have an issue, we will take care of you," Cheeseman said. "The bottom line is that we absolutely will not leave anyone behind."

#### Coronavirus - Themed NCIS: Beware o f Scams

opportunity for malicious actors to conduct attachment or click on a link to obtain files that upon opening would initiate the spear phishing campaigns, financial details about the coronavirus. Once a download of a sophisticated Trojan. scams, and disinformation campaigns via victim clicks on the attachment or link, information, steal money via fake donation requesting the victim to login. websites, spread false information, and deliver malware to victims.

Several spear phishing campaigns requesting donations via Bitcoin to fund an Facebook and Instagram accounts have since January have falsely represented "incident management system" in been used to spread false information various healthcare organizations, response to the coronavirus pandemic. about the coronavirus pandemic. including the U.S. Centers for Disease Another spear phishing campaign targeted Control and Prevention and the World Japan-based Internet users with emails Health Organization. In many cases, that appeared to provide information victims receive coronavirus-themed relating to coronavirus prevention. The

The coronavirus pandemic presents an emails requesting the victim to open an emails included malicious Microsoft Office

U.S. officials have released statements social media to collect sensitive they are directed to a malicious website advising Russia is likely behind coronavirus disinformation campaigns Some victims have received hoax that are being spread via social media. emails from what appear to be the CDC Reports indicate thousands of Twitter,

> If you have been targeted with this scam, please report it to NCIS using the NCIS Tips app or at www.ncis.navy.mil.



# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Clean and disinfect frequently touched objects and surfaces.







For more information: www.cdc.gov/COVID19

#### for Temporary Changes I D Card Issue

If you lose your Common Access Card or it's set to expire during the next two months, you'll have to make an appointment to get a new one - no walkins will be allowed.

It's another shift of Navy policy, designed to protect Sailors, families, civilian employees, contractors and appointments.dmdc.osd.mil. To locate retirees during COVID-19.

All Navy Real-time Automated Personnel Identification System offices, known as RAPIDS sites, will only issue or reissue Common Access Cards to those with scheduled appointments. While the policy is in place, no walk-in customers will be allowed for any card issue.

Each Navy RAPIDS site will screen arriving customers by asking basic health screening questions prior to

entry. Also, Centers for Disease Control expiring within the next 30 days. and Prevention safe-distance guidelines will be maintained for the safety and health of staff and customers.

Appointments are made through the online RAPIDS appointment scheduler at https://rapids-

vour nearest RAPIDS center. visit www.dmdc.osd.mil/rsl.

Priority for appointments will be given to those with time situations. includes active duty members whose CAC has been lost, stolen or is expiring within the next 60 days as well as newly retired members dependents with cards

For those unable to schedule an appointment online for CAC PIN resets, a controlled walk-in process will be available for this service only.

For more information read NAVADMIN 097/20 at www.npc.navy.mil.



# Navy Temporarily Modifies Urinalysis Guidance for COVID-19

urinalysis but has issued new collection.

"Commands will continue urinalysis random specimen collection of Sailors during the COVID-19 outbreak to the greatest extend possible," said Vice Adm. John B. Nowell, Chief of Naval Personnel.

For the time being, commands may temporarily pause collection, reduce collection percentages

maximum efforts.

In addition, commands are not required to recall Sailors who are teleworking, sick or under restriction Control has found the greatest risk for NAVADMIN 092/20.

The Navy will continue random of movement simply for drug testing.

When commands dο guidelines for maintaining physical samples, it is "highly recommended cautions that care must be exercised distancing guidelines during sample drug testing be conducted with no in how samples are taken because it is



and cut back on number of days more than 10 people," Nowell said in given to a Sailor, the urinalysis collected if it is deemed necessary to the message. That number includes program coordinator should not touch operational the urinalysis program coordinator it again. Instead, they will only direct flexibility and coronavirus mitigation and observers. At all times everyone the Sailor to complete the process of present will maintain distancing of six feet.

While the Centers for Disease

transmission of the virus is through collect interpersonal contact, the message

> not yet known whether nonrespiratory bodily fluids, such as urine, can transmit the virus.

> This means, the message says, that along with regular hand washing and maintaining physical distancing, extra care must also be taken to wipe down of all surfaces. including tables and door handles throughout the collection process.

> Once a specimen bottle has been

physical securing and labeling the sample and placing it in a secondary container.

More information is available in

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# Navy Authorizes Enlistment Extensions, Re-Entry Opportunities

The Navy's parallel battles to halt the spread of the coronavirus while keeping the fleet manned is now an opportunity for many officers and enlisted Sailors to extend their careers.

billets at sea and ashore can apply for a waiver and even get extra cash to stay put for now. Also, separated Sailors with needed skills have the chance to get back in uniform.

Sailors with approved separation or retirement dates before April 1, 2021 are now eligible to submit a request to their detailer to have their separation or retirement date delayed anywhere

between 6 to 12 months. Priority for approval will be given to those currently Sailors being separated due to High Year filling sea duty and other critical billets Tenure, who are currently filling critical who agree to remain in place.

Extension agreements could put Sailors willing to extend in critical some extra cash in the pockets of Sailors in critical billets who are eligible for Sea Duty Incentive Pay. Currently there are Physical Fitness Assessment (PFA) over 90 rating and skill combinations failures on the books and who are slated that qualify for extra money for each for discharge before the end of calendar month they extend.

> Special exceptions are in place to the the Fall PFA. existing rules to allow more Sailors to latest list of who qualifies, which is updated regularly, is on MyNavy Portal MyNavy Career Center at 1-833-330-6622 at https://www.mnp.navy.mil/

Navy officials are also now offering operational billets at sea and ashore, the option to apply for a waiver to stay in for up to an additional 12 months.

Sailors with two or more consecutive year 2020 will get another crack during

Sailors looking to take advantage of qualify for the pay under this offer. The any of these opportunities should talk to their chain of command, detailer or the or email: AskMNCC@navy.mil

#### May Relax Some Grooming Standards if Necessarv COs

officers discretion to temporarily relax shaving requirements.

grooming standards for men's and women's hair length, but only if those COs believe the move is necessary to maintain proper physical distancing guidelines and limit Sailor exposure to the coronavirus.

policy only applies to hair length. It does not apply to existing rules regarding

The Navy has given commanding sideburns, hair styles and facial hair protective personal equipment such as

Specifically the message order is in effect. But at and its Sailors. no time will relaxed

According to NAVADMIN 073/20, the present an unprofessional appearance in

helmets, masks and protective hoods.

Good judgement of leaders at all levels says that additional hair of the chain of command is required to length and bulk on the ensure all possible COVID-19 precautions sides, top and back of the are being taken and grooming standards head are ok while this maintain the desired image of the Navy

Though the Navy Exchange has closed grooming interfere with all barber and beauty shops for now, proper wearing of Navy head gear, nor Sailors are reminded to take measures to minimize potential exposure to the coronavirus when visiting any barber shop Head gear, the message says, includes or beauty salon for their grooming needs.

# Navy Mandates Protective Face Coverings: What You Need to Know

The Navy will now require the use of cloth face coverings for all military and maintaining proper social distancing between people isn't possible.

"To the extent practical," NAVADMIN personnel, contractors, and family members "are required to wear cloth face six feet of social distance."

Control's guidance of strongly covering when in public and close proximity between people can't be avoided. Local commanders can issue wear cloth coverings such as bandanas exceptions to this requirement.

wearing a face covering to uncover their appearance, not offensive, and conform civilians while on military bases when faces when directed to by security forces to the CDC guidance. Any face covering during identity checks.

Navy will continue to implement protective measures to mitigate the the side of the face and allow breathing 100/020 states, military, civilian spread of COVID-19 to our total force, without restriction their families, and the American people.

While medical N95 masks are in short coverings when they cannot maintain supply world-wide, face coverings are loops. not. Official uniform face coverings are This follows the Centers for Disease in the works, but until they are procured and implemented, Sailors can wear encouraging wearing a cloth face medical or construction type masks if they have them.

> If not, they can fashion their own or and scarfs. In all cases, however,

The policy also requires anyone anything worn must be conservative in must meet the following requirements:

- · Fit snugly but comfortably against
  - · Cover only from nose to chin.
- · Must secure in place with ties or ear
- Any cloth mask must have multiple lavers of fabric.

Directions to make your own face coverings can be found on the CDC website:https://www.cdc.gov/ coronavirus/2019-ncov/prevent-gettingsick/diy-cloth-face-coverings.html.

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# Amid COVID-19 Restrictions SkillBridge Internships Continue

Still up and running during the SkillBridge Defense internship program allowing classes if available. transitioning service members to apprenticeship during their last 180 days of service.

Because of imposed restrictions, only mission essential must contact the command that their local area on the DoD SkillBridge Sailors who have not yet begun their because of COVID-19, Sailors must

programs are Navy's stop movement for travel is authorized to participate in their local guidance before returning. Sailors SkillBridge, a key Department of area or through virtual or online participating in SkillBridge, regardless

participate in job training, internships temporary duty travel before March 13 stay-at-home, opportunities for SkillBridge training away from similar executive orders. their local area may finish their travel current programs. Once complete, they SkillBridge opportunities available in travel is authorized away from a issued their orders for guidance on website at https:// include returning home. If any SkillBridge dodskillbridge.usalearning.gov/ SkillBridge. Until the order is lifted training is suspended or cancelled

only notify their command and request of location, are not exempt from state However, Sailors who started their and local government shelter in place. self-quarantine

Sailors can seek information on

#### Online Available for Transitioning TAP

rules now in place to prevent the spread reenlist or extend. of the coronavirus.

training requirement and instead is authorizing all separating and retiring Sailors to complete this requirement online, within 60 days of redeployment and deallowing them to separate on time.

### Here's what you need to know:

"Commanders must continue to ensure transitioning Service Members are prepared to reintegrate into the civilian community, especially in the challeng- separation start time or 90-days prior to ing times we face," Chief of Naval Personnel Vice Adm. John B. Nowell, said in NAVADMIN 082/20.

Active-Duty Sailors retiring or separating are exempt from the stop move- links to the training are available on the

person Transition Assistance Program retirements will go on as scheduled, un- tance Program Website. (TAP) classes due to physical distancing less Sailors request and are approved to

The course completion requirement But the Navy is not eliminating the is also still in place for Reserve Sailors on active-duty orders for more than 179 days, as well as mobilized reservists mobilization.

> For those with enough time left on the books, the message recommends they simply reschedule for a later date.

Those inside their 365-days prior to separation Capstone requirement must complete their training through the Joint Knowledge Online Website. Details on the TAP virtual curriculum to include

The Navy has suspended all in- ment, which means that separations and Department of Defense Transition Assis-



What's not changed is the requirement for initial Self-Assessment Counseling, pre-separation counseling and Capstone sessions. These can still be done in-person using proper socialdistancing protocol or telephonically by command career counselors or TAP managers.

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# **MyNavy Family Mobile Application**



An official U.S. Navy mobile application produced by the PMW 240 Program

# What is the MyNavy Family app?

The MyNavy Family APP was designed by Navy Spouses and the Ombudsman at Large, in coordination with the Navy and several nonprofit organizations. It combines information and resources for Navy Spouses and Sailors' families from more than two dozen websites into a single, convenient application.

In addition to a wealth of useful content, the app offers several features:

### Military Installation Search

Find information about every military installation around the world with contact information, base map, programs, and services, plus an overview of its mission.

### **MyNavy Career Center**

Get help and information with this 24/7 resource, with in-app ability to call or send an email to a customer service representative.

## **Emergency Contacts**

Access websites and phone numbers for immediate support from a range of organizations, such as National Suicide Prevention Lifeline, Sexual Assault Crisis Support, National Domestic Violence Hotline, and others.

#### Calendar

Add dates and events to calendars associated with a user's mobile devices.

### **Content Sharing**

Share information by using other mobile device applications, such as email, SMS text, and iMessage.

### **Feedback**

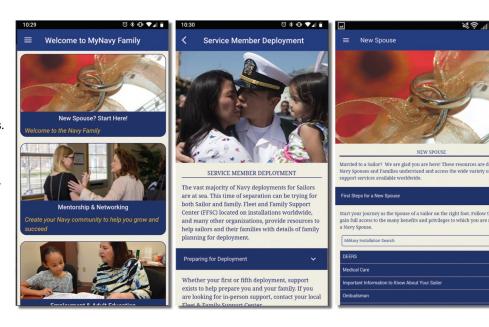
Provide input about the app content and use.

## **TOPICS OF INTEREST**

Available information and resources cover a wide variety of topics within the following categories:

- New Spouse
- Mentorship & Networking
- Family Financial Planning
- Parenthood
- Special Needs Family Support
- Moving & Relocation

- Service Member Deployment
- Emotional Support Services
- ✓ Employment & Adult Education ✓ Recreation, Lodging, Shopping & Travel
  - ✓ Family Emergencies
  - Transition & Retirement
  - Parents & Family Members of Sailors
  - Survivors Resources





Find the MyNavy Family app on Google Play or the Apple iTunes Store.

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